



# JOHN G. LAKE

## APOSTOLIC HEALING CENTER

### Inner-Healing Prayer

(Start with worship for at least 30 minutes)

#### **INNER-HEALING PRAYER MODEL:**

STEP ONE: Father, I forgive every part of my soul that splintered off when I was traumatized as a child and is now \_\_\_\_\_ (insert sin here, ex: fearful, angry, pride, etc.). I wash it with the Blood of Jesus and I am now purified. I am now redeemed and I am restored back to the man/woman of God I was created to be: whole, complete, unified, integrated, and healed. I hurl down the accuser with the Blood of the Lamb and the word of my testimony.

STEP TWO: As a whole and complete man/woman of God, I freely choose to repent of \_\_\_\_\_ (insert same in here, ex: fearful, angry, etc.). I receive the blood of Jesus and I am forgiven.

STEP THREE: Father, I also choose to forgive each of the people who traumatized me when I was a child. I wash them all with the Blood of Jesus and we are all purified, redeemed, and restored back to you. I hurl down the accuser and the memory of these sins is now erased from creation. I am free!



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### **Example #1: Fear**

STEP ONE: Father, I forgive every part of my soul that splintered off when I was traumatized as a child and is now fearful. I wash it with the Blood of Jesus and I am now purified. I am now redeemed and I am restored back to the man/woman of God I was created to be: whole, complete, unified, integrated, and healed. I hurl down the accuser with the Blood of the Lamb and the word of my testimony.

STEP TWO: As a whole and complete man/woman of God, I freely choose to repent of fear. I receive the blood of Jesus and I am forgiven.

STEP THREE: Father, I also choose to forgive each of the people who traumatized me when I was a child. I wash them all with the Blood of Jesus and we are all purified, redeemed, and restored back to you. I hurl down the accuser and the memory of these sins is now erased from creation. I am free!



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### **Example #2: Anger**

STEP ONE: Father, I forgive every part of my soul that splintered off when I was traumatized as a child and is now angry and withdrawn. I wash it with the Blood of Jesus and I am now purified. I am now redeemed and I am restored back to the man/woman of God I was created to be: whole, complete, unified, integrated, and healed. I hurl down the accuser with the Blood of the Lamb and the word of my testimony.

STEP TWO: As a whole and complete man/woman of God, I freely choose to repent of anger and withdrawing. I receive the blood of Jesus and I am forgiven.

STEP THREE: Father, I also choose to forgive each of the people who traumatized me when I was a child. I wash them all with the Blood of Jesus and we are all purified, redeemed, and restored back to you. I hurl down the accuser and the memory of these sins is now erased from creation. I am free!



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### **Example #3: Self-Protection**

STEP ONE: Father, I forgive every part of my soul that splintered off when I was traumatized as a child and now acts as a bodyguard and self-protects. I wash it with the Blood of Jesus and I am now purified. I am now redeemed and I am restored back to the man/woman of God I was created to be: whole, complete, unified, integrated, and healed. I hurl down the accuser with the Blood of the Lamb and the word of my testimony.

STEP TWO: As a whole and complete man/woman of God, I freely choose to repent of self-protection and acting as a bodyguard. I receive the blood of Jesus and I am forgiven.

STEP THREE: Father, I also choose to forgive each of the people who traumatized me when I was a child. I wash them all with the Blood of Jesus and we are all purified, redeemed, and restored back to you. I hurl down the accuser and the memory of these sins is now erased from creation. I am free!



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### **Example #4: Rebellion**

STEP ONE: Father, I forgive every part of my soul that splintered off when I was traumatized as a child and is now rebellious and self-willed. I wash it with the Blood of Jesus and I am now purified. I am now redeemed and I am restored back to the man/woman of God I was created to be: whole, complete, unified, integrated, and healed. I hurl down the accuser with the Blood of the Lamb and the word of my testimony.

STEP TWO: As a whole and complete man/woman of God, I freely choose to repent of rebellion and self-will. I receive the blood of Jesus and I am forgiven.

STEP THREE: Father, I also choose to forgive each of the people who traumatized me when I was a child. I wash them all with the Blood of Jesus and we are all purified, redeemed, and restored back to you. I hurl down the accuser and the memory of these sins is now erased from creation. I am free!



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### **Example #5: Me-as-source**

STEP ONE: Father, I forgive every part of my soul that splintered off when I was traumatized as a child and now has “Me as the source”. I wash it with the Blood of Jesus and I am now purified. I am now redeemed and I am restored back to the man/woman of God I was created to be: whole, complete, unified, integrated, and healed. I hurl down the accuser with the Blood of the Lamb and the word of my testimony.

STEP TWO: As a whole and complete man/woman of God, I freely choose to repent of having myself as my source instead of You, Lord. I receive the blood of Jesus and I am forgiven.

STEP THREE: Father, I also choose to forgive each of the people who traumatized me when I was a child. I wash them all with the Blood of Jesus and we are all purified, redeemed, and restored back to you. I hurl down the accuser and the memory of these sins is now erased from creation. I am free!



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### **Example #6: Control**

STEP ONE: Father, I forgive every part of my soul that splintered off when I was traumatized as a child and is now controlling, manipulating, and isolating or a loner. I wash it with the Blood of Jesus and I am now purified. I am now redeemed and I am restored back to the man/woman of God I was created to be: whole, complete, unified, integrated, and healed. I hurl down the accuser with the Blood of the Lamb and the word of my testimony.

STEP TWO: As a whole and complete man/woman of God, I freely choose to repent of being controlling, manipulating, and isolating or a loner. I receive the blood of Jesus and I am forgiven.

STEP THREE: Father, I also choose to forgive each of the people who traumatized me when I was a child. I wash them all with the Blood of Jesus and we are all purified, redeemed, and restored back to you. I hurl down the accuser and the memory of these sins is now erased from creation. I am free!